

2020 – VOLUME 3 || ISSUE 2
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Happy Guru Pournima to all our Gurus

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Interview of Ms. Dilshad Pathan, first girl to choose Science in 11th and 12th and become the first Engineer of her village. She believes in Paulo Coelho's famous quote "When you desire for something with all your heart, the whole universe conspires in helping you to achieve it".

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Winning Essay by Prachi Ulhas Tari on the importance of health – Essay competition 2020 sponsored by Mr. Sanjay Prahlad Pathak in the name of his mother Smt. Sushila Prahlad Pathak.

EDITORIAL DESK

After seven successful releases and an overwhelming response, we are glad to release the eighth issue of "DISHA", the quarterly newsletter of our Guruji Education Foundation.

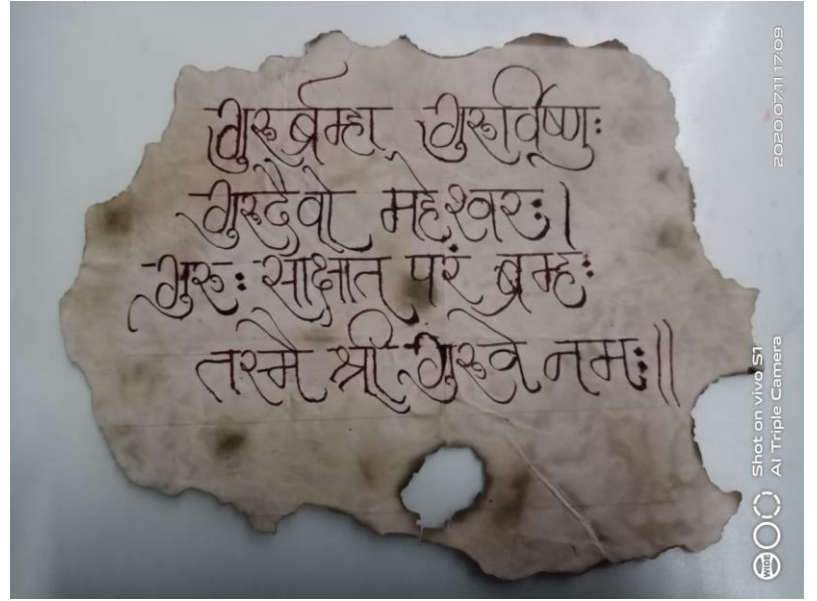
We hope you enjoy reading the newsletter. We welcome your comments and suggestions. Please let us know if you would like to contribute to DISHA in any way.

We thank Mr. Sanjay Prahlad Pathak for his contribution towards DISHA and Mr. Abhay Joshi for the editorial help.

Editors: Kajal Sonawane
Amruta Raut

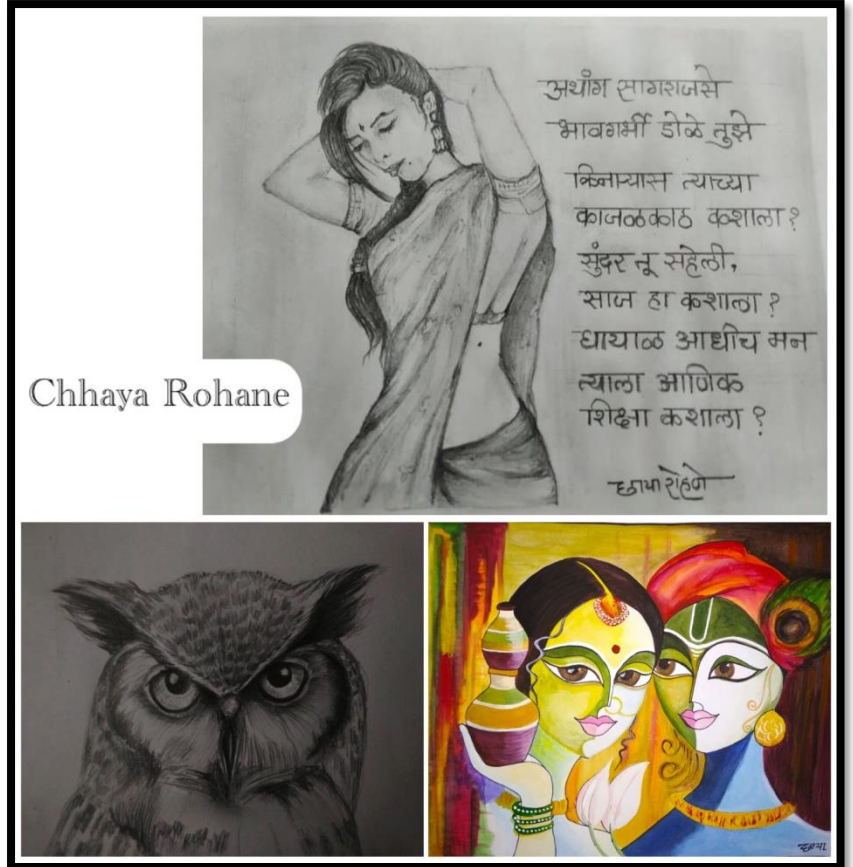
Contact us at gef3013@gmail.com

Website: gurujifoundation.in



One of the finest works of Ms. Prachi Ole

Talent & Achievement Corner



Interaction with Ms. Dilshad Pathan

1. Dilshad, please tell us how GEF happened to you?

I belong to a small village named Ghanegaon in Solapur district, where pursuing higher education in science, forget about engineering, was considered very unusual for girls. When I was in tenth, Pradeep sir conducted an interactive session at our school. I told him that I wish to be an Engineer. He was quite impressed with me for having such a unique goal for a village girl. I was very good in my studies and was highly ambitious. Pradeep sir assured me full support to pursue my dreams and got introduced to GEF.

2. Can you please share your biggest personal, and professional achievements?

To get into science stream was a huge deal for a village girl like me. Over and above, I became the first woman engineer of my village. That is indeed my biggest personal achievement. I have been working at Infosys for the last six years. Being a successful Infoscion is my biggest professional achievement.

3. We would love to know about your journey right from the start, obstacles you faced, and how you have overcome them?

I had the habit of reading newspapers everyday. It was almost like an addiction. I used to see advertisements where they used to show smart people working on computers. I wanted to be like them. Most of my schoolmates used to think of becoming teachers, in which I was interested. Medicine didn't excite me much either. Engineering appeared good and I did a little research about it. And I felt an adrenaline rush, I knew I wanted to learn Computer Engineering. After my schooling, I had to move out to a bigger place. I chose Sangli, 150 KMs away from my family to pursue my Engineering dream. This

journey became an easy one due to complete support of my family and Pradeep sir's guidance. However my chosen path was not acceptable to our society at large and it was extremely difficult to keep myself mentally strong amidst the environment. There was a lot of pressure and negativity around me. I kept my positive attitude and worked hard to prove myself. I was very confident that I would excel in my dream path. A part of the battle was won when I got admission to Engineering.

I was confident, rather overconfident, considering my superlative academic performance since my childhood. However, during my first semester, I had the first shock of my life. I flunked all the five papers of the first semester. This failure struck me really hard. I cried and was deeply demotivated. My family and friends supported me, and helped me come out of it. I had left my village to prove myself and I couldn't stop here. I accepted the failure and moved on. Now, I had a total of ten courses to study for the second semester, so, I planned out my schedule and worked accordingly. It helped me to clear eight papers and to carry forward two. After that, I resolved not to underestimate anything and completed my engineering in computer science with first class in 2012. The second part of my struggle was over.

But I realized that that was the start of the main struggle. I did get my engineering degree but had no job for a year. Finally, I could join a small firm with the salary of INR 2000/- per month. The worse part, besides the low salary, was that I wasn't learning anything new. I wasn't growing at all. That time the financial issues of my

family had forced me to put earning as the topmost priority. I worked there for 6 months and then did a course in software development at Mumbai. And then I had a job in Kandivali as a tester for the salary of Rs 11,000/-. I did manual testing and got small opportunities to help the development team but my main job was as a tester.



I felt bad but I didn't want to stop myself from growing so I did a course of automation testing. I worked for 6 days a week and attended

the class on Sundays. I followed this schedule for straight 6 months without a single leave, which was extremely exhausting. I built my profile in automation testing and applied at Infosys. I successfully went through a written test, an interview, and finally reached my dream destination. I worked at Cuffe Parade for 1.5 years and then moved to Pune office in April 2015. Since then, I am a proud Infoscion working as a Test Analyst in the automation testing.

4. How do you feel to be a part of GEF and how do you think your life would have been without GEF?

I have always been overwhelmed and glad to be a part of GEF. It does play a major part in my life, currently as well. I have been guided mentally, financially, and always shown the correct path by my mentor, Pradeep sir. I have built a lifelong bond with GEF with every passing year. I cannot imagine a life without GEF, I wouldn't have reached so far.

5. Who is your inspiration?

My own dreams and expectations to reach the top have been my primary

inspiration. My family has always been, like a strong pillar, supporting, encouraging, and inspiring me to aim high in my life. There are a lot of leaders who inspire me. Dr. A.P.J Abdul Kalam is one such leader whom I look up to.

6. Did you lose hope at any point in life because of financial or personal issues? How did you revitalize your hope?

I have seen both ups and downs in my life, I did lose hope at certain points. The decision to opt for Science came with a lot of questions about my capabilities and calibre. It was difficult to keep myself motivated with so much a negative energy around me. When I flunked all 5 subjects of semester 1 because of my overconfidence and when I spent years wandering in search of jobs with an engineering degree in hand, I went through serious turmoil. But all throughout GEF has supported me financially and mentally, and I have felt secure. I have been fortunate to have my family and friends

by my side throughout this journey to keep me emotionally stable. I remember making a new friend during the initial days of Engineering. We used to get along quite well and used to spend almost the entire day together. She also had flunked all the subjects in semester 1. We both were equally disappointed. I pushed her to prepare for the next semester and also encouraged her to study with me. She did not come out of that phase of failure and flunked all subjects in the semester 2 as well. Unfortunately, she lost that year and later left engineering. I realized that for me all other things had been taken care of and that it was my responsibility to work harder, get up, and rise. My family, friends and GEF have encouraged me to come this far in my life and there is no looking back.

7. What are your hobbies, and do you find time to enhance them?

I love gardening, cleaning my house, listening to songs, and collecting newspaper cut-outs.

8. What are your future plans?

To get married (on a lighter note). I wish to be a part of the top management of Infosys, I am working towards it.

9. Any advice or message to our students?

I would like to share an incident. It was my farewell after graduation. I remember taking signatures on a t-shirt from my teachers as well as friends. Just recently, while cleaning up my house, I saw that t-shirt. It has my professor's signature saying "Infosys and All the best". I realized that Infosys was my dream company and how strongly I had wanted it since my Engineering days. My advice to all students is to put in all your efforts towards your goals with all your heart, you will definitely reach them. I strongly believe in Paulo Coelho's famous quote "When you desire for something with all your heart, the whole universe conspires in helping you to achieve it".

My mother – through the memory lane

My mother was born in a family of engineers and completed her education in Phaltan near Satara. She developed hobbies of painting, cloth stitching, craftwork etc. simultaneously. She was married to Shri Pralhad Shankar Pathak, who worked with the then Government of Bombay Province in 1953. They spent their initial years in Palanpur and Surat where she learnt Gujarati. After the bifurcation of states, my father opted to live in Maharashtra and was posted in Mumbai.

My father was transferred to Parbhani in 1961, a small backward town - without even electricity. Marathwada was a part of Hyderabad (Nizam) State earlier and was annexed to Maharashtra in 1960. My mother noticed tremendous differences in the socio-cultural patterns, particularly for women. Education levels, mixing in the society, even watching movies with male friends or companions was quite inferior and restrictive for girls than how it was in western Maharashtra.

My mother started teaching tailoring and hobby classes with the aim to bring social awareness and to teach housewives that *"Money saved is also money earned."* Initially the response was not good, mostly due to the influence of the Parda system. But she had the advantage of our huge staff quarters near the railway station and people soon realized that an officer's wife was mixing with women of all religions and income groups. Later my father was transferred to Nanded (1962) and Latur (1965). There she learnt basics of a popular regional language - Telugu. I remember she even joined nursing classes, and encouraged other women to join, during the China war in 1962. The summer classes for girls in Latur were most successful, and I remember the classes were held in open lawns. I used to assist her in her summer activities and slowly developed a liking for art and architecture.

After 1969, my father was transferred to Nagpur and then Amravati, where she continued the same classes. Even today in Nagpur, among older people, I am recognized more as the son of Pathak Madam who ran the *"Bharatkam Shivan kam Classes"*. I am proud to have a mother who quietly brought social awareness among women in backward areas of Marathwada in the sixties.



Smt. Sushila Pralhad Pathak
(1930 – 2000)

- Sanjay Pralhad Pathak

आरोग्याच महत्त्व

कु.प्राची उल्हास तारी
इयत्ता- नव्वी

सौ.सुशिला प्रल्हाद पाठक निबंध स्पर्धा प्रथम स्थान

डोळ्यांनी बघितो ध्वनी परिचितो
कानी पदी चालितो
जिव्हेने रस चाखितो मधुरही
वाचे आम्ही बोलितो
हाताने बहुसाल काम करितो
विश्रांतीही घ्यावया
घेतो झोप सुखे फिरोनी उठतो
ही ईश्वरची दया

ईश्वराने आपल्याला सुंदर व सुबक असे शरीर दिले आहे.सकाळी उठल्यापासून ते रात्री झोपेपर्यंत प्रत्येक काम करण्यासाठी आपल्याला शरीराची साथ हवी असते , आणि ही साथ नियमितपणे लाभावी यासाठी आपल्याला गरज असते ती स्वच्छता व आरोग्याची स्वच्छता व आरोग्य ह्या एकाच नाण्यांच्या दोन बाजू आहेत. जिथे स्वच्छता तिथे आरोग्य हे नांदणारच.आणि जिथे आरोग्य आहे तिथे स्वच्छता हि असायलाच हवी.

भारताचे पंतप्रधान मा. नरेंद्र मोदी यांनी २ ऑक्टोबर २०१४ रोजी स्वच्छ भारत योजनेची सुरुवात केली.स्वच्छतेचे महत्त्व आपल्याला समजावे यासाठी त्यांनी स्वतः हातात झाडू घेऊन या मोहिमेची सुरुवात केली. पण आपण किती जणांनी या योजनेचे अंतर्गत मनापासून कार्य केले ? चार दिवस स्वच्छतेचे वारे आपल्या भोवती वाहले आणि पुन्हा ये रे माझ्या मागल्या . खरं तर स्वच्छता ही पर्यवरणात नाही तर आपल्या विचारात असते. त्यामुळेच आपण पर्यावरणात अस्वच्छता अनुभवतो. पण स्वच्छता म्हणजे नेमके काय ? आपल्याला आजार होऊ नयेत यासाठी घेण्यात आलेली काळजी म्हणजे स्वच्छता. निरनिराळ्या रोगांच्या साथीला बळी पडावे लागू नये, यासाठी केलेला प्रतिबंध म्हणजे स्वच्छता होय .

स्वच्छतेचे महत्त्व लोकांना समजावे व त्यातून आपलं आरोग्य सुटू व्हावे. यासाठी अनेकांनी प्रयत्न केले आहेत . शिवाजी महाराजांनी स्वराज्यात पाणी व्यवस्थापनेचे योग्य नियोजन केले होते. संत गाडगेबाबांनी किर्तनातून गावाला स्वच्छतेचे महत्त्व पटवून दिले.

ज्या पद्धतीने या महान व्यक्तिमत्त्वांनी स्वच्छता समाजामध्ये रुजवायला परिणामी स्वच्छता अंगी बाणवण्याचा प्रयत्न केला आहे.अगदी त्याचप्रकारे आपण स्वच्छता केली पाहिजे तरच आपल्या शरिराची सुदृढता टिकून राहील. याची सुरुवात वैयक्तिक पातळीवर झाली पाहिजे. शाळा हे देखील स्वच्छतेच्या प्रचाराचे उत्तम माध्यम ठरू शकते.स्वच्छतादुत, पथनाट्ये या द्वारे स्वच्छतेचा व आरोग्याच्या सुदृढतेचा प्रसार आपण विद्यार्थी देखील करू शकतो.

आजच्या या धक्काधक्कीच्या जीवनामध्ये आपण जगाच्या बदलत्या प्रवाहासोबत वाहत असतो. स्वतः भोवती आपले एक वेगळेच विश्व तयार झालेले असते. किंबहुना आपण ते तयार केलेले असते.मात्र हे सर्व करत असताना आपणच स्वतःसाठी अत्यंत अनमोल असलेली एक गोष्ट विसरतो ती म्हणजे आपले आरोग्य.

"शुंभ करोती कल्याणम् आरोग्यं धनसंपदा"असे आपण म्हणतो ; पण हे आरोग्य धनसंपदा तेव्हाच बनेल जेव्हा आपण त्याची काळजी घेऊ .सुदृढ शरिराचे म्हणजेच आरोग्या महत्त्व अगदी पुरनापासून आढळते. भगवद्गीतेच्या सतराव्या अध्यायात माणसाचा आहार कसा असावा हे सांगितले आहे. पूर्वी महाभारत काळात कुस्ती, गदायुद्ध यासारखे प्रकार खेळ म्हणून खेळले जात होते. युद्धात पराक्रमासाठी शरीर सामर्थ्याची उपासना केली जात होती. मारुती हि तर शरीर सुदृढतेची देवता! तरुणांना बलोपासनेचा मार्ग सांगताना समर्थ रामदास म्हणतात-

शक्तीने पावती सुखे। शक्ती नसता विटबंता।।

शक्तीने नेटका प्राणी। वैभव भोगता दिसे।।

परंतु आजकालच्या या तरुण पिढीला ज्ञानाच्या, मैत्रीच्या पसान्यात या सगळ्याकडे लक्ष द्यायलाच वेळ नाही . कष्टर्जित जीवन त्यांना नकोसे वाटते. पूर्वी खेळ म्हणून खेळली जाणारी कुस्ती ,गदायुध्ये यांच्याकडे आज कोणी पाहत देखिल नाही. साधा सकाळचा नाश्ता करायला वेळ नसलेली आजकालची ही तरुण पिढी आरोग्याच्या कुठून वेळ देणार?

यातूनही आपल्या आरोग्याकडे लक्ष ठेवण्यासाठी स्वच्छतेच्या नियमांचे पालन करणे महत्त्वाचे आहे. जसे की स्वयंपाकापूर्वी, बाळाला भरवण्यापूर्वी हात स्वच्छ धुवावेत, पिण्याचे पाणी झाकून ठेवावे, पाणी पिण्यासाठी ओगराळ्याचा वापर करावा,नियमित नखे कापावीत. इ. करावेच लागेल तर आपले आरोग्य निरोगी राहू शकते. पण आपले आरोग्यच निरोगी नसेल. त्या व्यक्तीच्या विद्वत्तेचा, त्याने कमावलेल्या ज्ञानाचा व संपत्तीचा त्याला व समाजाला काहीच उपयोग होणार नाही. गोपाळ गणेश आगरकर यांना तरुनवयापासून दम्याचा त्रास होतो, त्यामुळे त्यांना कमी वयात आयुष्य गमवावे लागले. पेशव्यांचे स्वामी टी.बी ने गेले. त्यांना जर उत्तम आरोग्य लाभले असते, तर पेशवाईचा इतिहासच बदलला असता. विदेशात जाऊन डॉक्टर झालेल्या आनंदीबाई जोशी असतो वा तरुण वयात गणितात चमत्कार घडवणारे श्री निवास रामानुजन यांना उत्तम आरोग्य लाभले असते. तर नक्कीच ते भारतचे भाग्यविधाते ठरले असते.

स्वामी विवेकानंद म्हणतात की "खचलेली शरीरे आणि पिचलेली मनगटे असलेल्या तरुणांच्या हातून काहीच होऊ शकत नाही." विचार करा आपण भली मोठी संपत्ती कमावली आहे,पण त्या संपत्तीचा उपयोग घेणारा मालकच जर महारोगी असेल तर त्या संपत्तीचा उपयोगच काय? आपले शरीर व आरोग्य

सुदृढ ठेवायचे असेल तर योगासने, आहाराबरोबरच आरोग्याकडे लक्ष दिले पाहिजे.

Have in moderation & it'll benefit your health
If not does & ill enjoy your wealth

जर आपण प्रमाणात आहार घेतला नाही तर डॉक्टर आणि जिम्नॅशियमसाठी आपले पैसे खर्च करावे लागतील. आज मानवाने विज्ञान आणि तंत्रज्ञानात अनव्यसाधारण प्रगती केली आहे. तो आपल्या विलक्षण बुद्धीच्या व संपत्तीच्या जोरावर हव्या त्या आजारावर विजय मिळवून सुख प्राप्त करू शकतो. परंतु खरे सुख आपल्याला तेव्हाच मिळेल जेव्हा आपले शरीर सुदृढ असेल आणि जर आपले शरीर सुदृढ बनवायचे असेल तर त्यासाठी स्वच्छता हा अविभाज्य घटक मानलाच पाहिजे. शेवटी शरीर स्वच्छ असेल तर मन स्वच्छ असेल तर सुदृढ आरोग्य प्राप्त होईल म्हणूनच म्हणते -

ईश्वराने दिलेली देणगी आरोग्यमं धनसंपदा
स्वच्छता हाच मूलमंत्र जपुया सदासर्वदा

सध्याची परिस्थिती पाहता केवळ भारतातच नव्हे तर संपूर्ण जगभरात कोरोना व्हायरसने थैमान घातले आहे. या व्हायरसच्या विळख्यातून आपल्या सर्वांना सुरक्षित बाहेर यायचे असेल तर स्वच्छता हा एकमेव उपाय आपल्यासमोर आव्हान म्हणून उभा आहे. आणि या परिस्थितीत आपण स्वतःची काळजी घेऊन यातून मुक्त होऊ शकतो. जसे की नियमित बाहेर जाताना मास्क चा वापर करणे, नियमित हात धुणे, अल्कोहोलयुक्त असे सॅनिटायझर वापरणे, खोकताना किंवा शिंकताना नाकावर आणि तोंडावर रुमाल ठेवणे, सतत तोंड, नाक, चेहरा, डोळ्या यांना स्पर्श करू नये. गर्दीच्या ठिकाणी जाणे टाळणे. प्रत्येकामध्ये किमान तीन फुटाचे अंतर ठेवणे. अशा प्रकारे काळजी घेतली तर आपले आरोग्य आपण टिकवून ठेवू शकतो. आजच्या या परिस्थितीत वाहतूक आणि पर्यटन यांचे प्रमाण कमी प्रमाणात होत असल्याने वातावरणातील प्रदूषण देखील कमी झाले आहे. आपल्या आरोग्यासाठी याचा फायदाच आहे. खरंतर ह्या कोरोना व्हायरसने स्वच्छतेच्या माध्यमातून आपले आरोग्य निरोगी कसे ठेवावे ते आपल्याला शिकवले म्हणून एकच म्हणावेसे वाटते-

कोरोना तू माणसाला जगणे शिकवून गेला
इतक्यात माणूस प्राणी खुप शेफारला होता
त्याला वाटत होते की मी तीर मारला होता
अशा उर्मटपणाला एक दणका देऊन गेला
कोरोना तू माणसाला जगणे शिकवून गेला

पहिले तर आम्ही कधीच घरात राहत नव्हतो
राहलो तरी एकमेकांशी संवाध साधत नव्हतो
बाप मुलाला तीन तीन नाही दिसायला
आईला मोबाईलशिवाय वेळ कुठे असायचा
अशा दुरावलेल्या नात्यांना लळा लावून गेला
कोरोना तू माणसाला जगणे शिकवून गेला

रुमाल न धरता खोकयचे कुठेही थुंकायचो
जेवण करण्याआधी हात पाय कधी धुवायचो?
स्वच्छतेला तर आम्ही केलाही नव्हता स्पर्श
गलिच्छपणे राहण्यात वाटायचा किती हर्ष
आता सॅनिटायझरचा तुटवडा करवून गेलास
कोरोना तू माणसाला जगणे शिकवून गेला

नुसतं हॉटेल मध्ये खाणे आणि मॉलमध्ये जाणे
व्यसनांच्या आहारी जाता करु उभे धिंगाणे
विसरून गेला होता आपली सुशील संस्कृती
मॉर्डनतेचे नाव देऊन फोफावत होती विकृती
हॉटेलांना कुलूप लावून सात्विक बनवून गेला
कोरोना तू माणसाला जगणे शिकवून गेला

मंदिर, मस्जिद, गुरुद्वारा, चर्च पडले बंद
जातीवाद धर्मधतेचा येईनात आजकाल गंध
आंदोलने थंड पडली मोर्चे ही पेंगलेत शांत
सीमेवरचे भाडणं मिटले ओसाड पडले प्रांत
खरी दहशद काय असते ती दाखवून गेला
कोरोना तू माणसाला जगणे शिकवून गेला